POWER EXERCISES FOR SNOWBOARDERS

Good fitness is one of the keys to staying safe on the slopes.

YOUR REHABILITATION PROGRAMME

This training programme has specific exercises to strengthen muscles around your leg and lower back as well as your core. It is important to ensure the exercises are performed with good technique. Poor practice can place potential strain on muscles and joints and lead to injury. With any squatting or lunging exercise ensure your knee remains aligned over your middle toe as you bend and straighten. Don't let it sway inwards or outwards, use your muscles to control this – it is essential to train the muscles correctly, to strengthen them with ideal knee alignment to prevent injury.

PROGRESSION SPEED

able to do the exercise but to do it correctly, with appropriate control. If at any time, you feel pain or discomfort stop the exercises and consult your therapist.

SIT-DOWN SQUAT WITH BAND



Place your feet shoulder width apart, or just outside shoulder width. Tie an exercise band around your knees keeping it quite tight. Stand in front of a chair, and slowly bend your knees. Maintain a good curve in your lower back, and control sitting down onto a chair. To stand up, do the opposite. Maintain a good spinal curve in your lower back, and push upwards through your legs to straighten your knees into a standing position. Repeat as required. If you have good control you don't have to actually sit on the chair, just lower and raise into a full squat.

SETS	REPS

Video:
https://youtu.be/zmDmYRQpT-s

PLANK ONE ARM ROTATION



Rest on your forearms and your toes. Lift one forearm off the ground. Twist your whole body and raise your arm directly in the air. Hold this position and then return your arm back down to the floor. This is a core strengthening exercise.

FLOOR SUPERMAN TWO LEGS TWO ARMS



Lie on your front, and lift your legs up behind you, and your arms in front of you. Hold this position, and then relax. This exercise helps to arch your lower back (to create what is known as a lumbar Hyperlordosis) while strengthening the lower back, abdominal and buttock muscles. If this is too hard to initially, start by just lifting the legs or arms, or opposite arm and leg at a time.. then progress to raising arms and legs together.

SETS	REPS

Video:
http://youtu.be/Zq8vh3tI3-M

BULGARIAN SPLIT SQUAT WITH SINGLE LEG RDL



Place one foot on a chair or bench behind you, and the other flat on the floor. Go into a squat position by bending your knee as far as comfortable. Make sure you keep your knee in line with the middle of your foot, do not let your knee drift outwards or inwards. Then straighten your leg to the start position. Now bend forwards at the waist, keeping your back as straight as possible or slightly arched. Go down to the horizontal, hold, then come back up and repeat the squat. This is a strengthening exercise for your quadricep muscle group located at the front of your thigh, but also strengthens a number of other muscles in the leg.

SETS	REPS

Video:
http://youtu.be/kIRx9zYVwWk

MOUNTAIN JUMPER/SQUAT THRUST

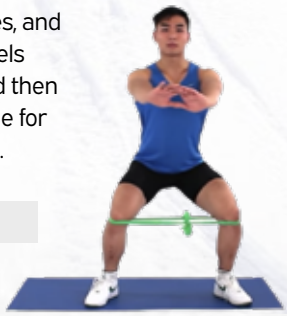


Start in a press-up position, and jump both legs in towards your chest, and then jump both legs out so they are straight. This exercise is great for strength-endurance and works the whole body and

SETS	REPS

Video:

LATERAL WALK WITH EXERCISE BAND



Place an exercise band around your knees, and go into a squat position (as far down as feels comfortable). Walk one leg to the side, and then follow with the other leg. Repeat to one side for five steps, then return to the start position.

SETS	REPS

Video:
http://youtu.be/i0w7KczRvkk

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